

# Healthy Christianity

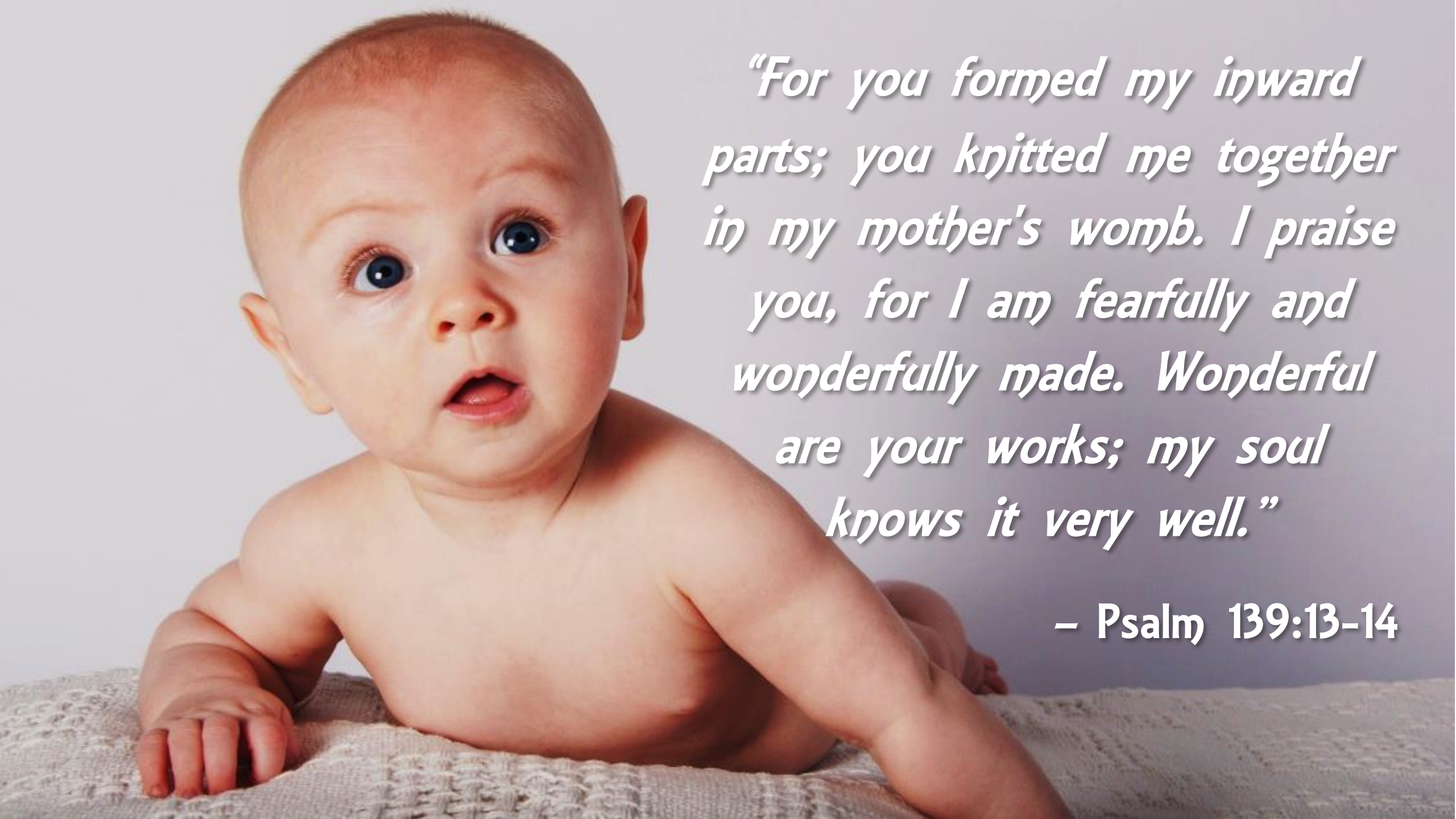
The image features the text "Healthy Christianity" in a bold, blue, sans-serif font. The word "Healthy" is on the top line, and "Christianity" is on the bottom line. The text is set against a bright orange background. Various white icons are placed around the text to represent different aspects of health and wellness. Above "Healthy", there is a broccoli, a person sleeping in a bed with "zzz" above their head, a carrot, and a person walking. Below "Healthy", there is a musical note, a person on a bicycle, an apple, an open book, a water bottle, and a person kneeling in prayer.



**Healthy  
Christianity**



**1- God gave you a wonderful body,  
but in this fallen  
world it is frail.**



*“For you formed my inward parts; you knitted me together in my mother’s womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.”*

*– Psalm 139:13-14*

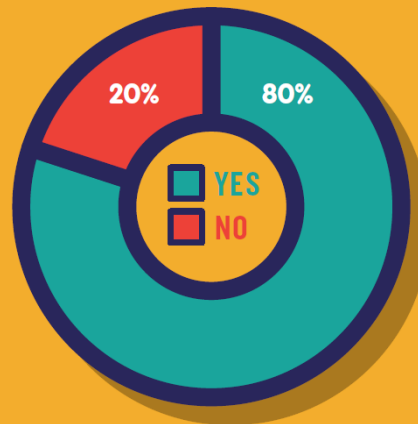


# BURNOUT

*A Common (Yet Neglected) Problem*

## HAVE YOU EXPERIENCED BURNOUT?

*Burnout is a state of physical, mental, emotional, and spiritual exhaustion caused by living at too fast a pace for too long, or by living with too many stresses in our lives.*



LIVING A GRACE-PACED LIFE

IN A BURNOUT CULTURE



DAVID MURRAY



**Healthy  
Christianity**

**1- God gave you a  
wonderful body,  
but in this fallen  
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**Healthy  
Christianity**



**2- Your body and  
soul are vital and  
connected.**



## **2- Your body and soul are vital and connected.**

**“But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ, who will transform our lowly body to be like his glorious body, by the power that enables him even to subject all things to himself.**

**– Philippians 3:20-21**

**“And not only the creation, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for adoption as sons, the redemption of our bodies.”**

**– Romans 8:23**









**Healthy  
Christianity**

3- As you pursue physical and spiritual health, you'll find fullness and glorify God.



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**“Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. He who calls you is faithful; he will surely do it.”**

**– I Thessalonians 5:23-24**





# Healthy Christianity

**Exercise**

**Recreation**

**Drink**

**Food**

**Sleep**

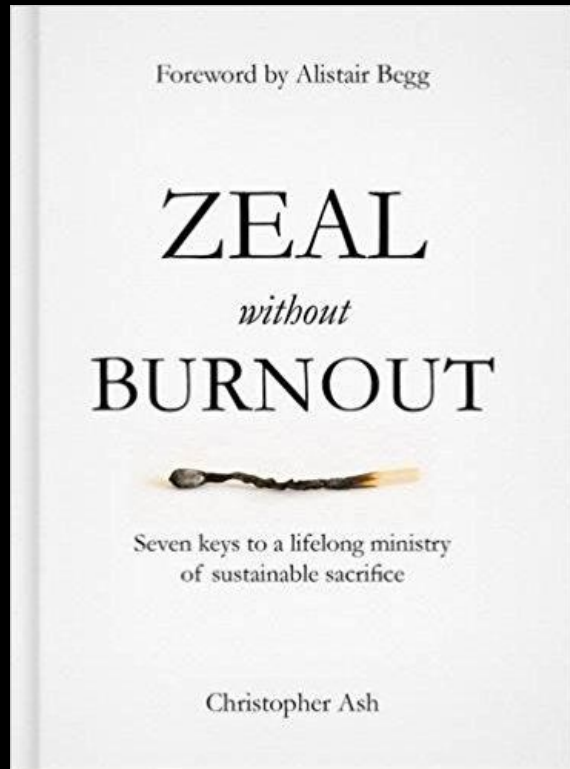
**Rest**

**Sex**

**Friendship**

**Solitude**





“I am – and will never, this side of the resurrection, be more than – a creature of dust. I will rest content in my creaturely weakness. I will use the means God has given me to keep going in this life while I can. I will allow myself time to sleep. I will trust him enough to take a day off each week. I will invest in friendships and not be a proud loner. I will take with gladness the inward refreshment he offers me. I will serve the Lord Jesus with a glad and restful zeal, with all the energy that he works within me, but not with anxious toil, selfish ambition, the desire for the praise of people, and all the other ugly motivations that will destroy my soul. So help me God.”





# Healthy Christianity

**“For the love of Christ controls us, because we have concluded this: that one has died for all, therefore all have died; and he died for all, that those who live might no longer live for themselves but for him who for their sake died and was raised.”**

**– II Corinthians 5:14-15**

